



You may have heard of
some of our past Clients!



www.FrozenRopes.com/Chester

Baseball/Softball Schedule of Events 2019

FALL 1: SEPTEMBER – OCTOBER

ALL SKILLS ACADEMY

BASEBALL & SOFTBALL

Our Academy classes will develop the next generation of baseball and softball players. Throwing, Fielding and Hitting are the main topics

Rookies (Ages 3-4)

4 weeks	Wednesdays	September 4- September 25	10:00am – 11:00am	\$68*/\$80
4 weeks	Wednesdays	October 2- October 23	10:00am – 11:00am	\$68*/\$80
4 weeks	Sundays	September 8- September 29	10:00am – 11:00am	\$68*/\$80
4 weeks	Sundays	October 6- October 27	10:00am – 11:00am	\$68*/\$80

Juniors (Ages 5-7)

4 weeks	Thursdays	September 5- September 26	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Thursdays	October 3- October 24	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Sundays	September 8- September 29	11:00am – 12:00pm	\$95.20*/\$112
4 weeks	Sundays	October 6- October 27	11:00am – 12:00pm	\$95.20*/\$112

Seniors (Ages 8-10)

4 weeks	Thursdays	September 5- September 26	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Thursdays	October 3- October 24	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Sundays	September 8- September 29	12:00pm – 1:00pm	\$95.20*/\$112
4 weeks	Sundays	October 6- October 27	12:00pm – 1:00pm	\$95.20*/\$112

Hitting

TOTAL PERFORMANCE HITTING (Ages 10-12)

This 60 minute class will cover all aspects of hitting, with emphasis on the set up, timing and pitch selection

4 weeks	Wednesdays	September 4- September 25	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Wednesdays	October 2- October 23	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Fridays	September 6 - September 27	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Fridays	October 4 - October 25	6:00pm – 7:00pm	\$95.20*/\$112

TOTAL PERFORMANCE HITTING (Ages 13-15)

This 60 minute class will cover all aspects of hitting, with emphasis on the set up, timing and pitch selection

4 weeks	Mondays	September 9- September 30	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Mondays	October 7- October 28	6:00pm – 7:00pm	\$95.20*/\$112

HITTING SPL'S (Ages 13+)

Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max: 3

4 weeks	Sundays	September 8- September 29	1:00pm – 2:00pm	\$229.50*/\$270
4 weeks	Sundays	October 6- October 27	1:00pm – 2:00pm	\$229.50*/\$270

Defense

INFIELD/OUTFIELD SKILLS (Ages 10-13)

This 60 minute class will cover all aspects of fielding, with emphasis on throwing, footwork, and glove positioning

4 weeks	Wednesdays	September 4- September 25	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Wednesdays	October 2- October 23	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Thursdays	September 5- September 26	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	Thursdays	October 3- October 24	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	Fridays	September 6 - September 27	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Fridays	October 4 - October 25	7:00pm – 8:00pm	\$95.20*/\$112

Pitching - Baseball

BASEBALL PITCHING BOOT CAMP (Ages 7-12)

All aspects of building a pitching delivery. Player max: 6 per class

4 weeks	Mondays	September 9- September 30	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Mondays	October 7- October 28	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Tuesdays	September 3- September 24	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Tuesdays	October 1- October 22	6:00pm – 7:00pm	\$95.20*/\$112

BASEBALL PITCHING SPL'S (Ages 13+)

Our SPL's (Semi Private Lessons) allow our staff added training time and gives players more reps. Player Max: 3

4 weeks	Wednesdays	September 4- September 25	6:00pm – 7:00pm	\$229.50*/\$270
4 weeks	Wednesdays	October 2- October 23	6:00pm – 7:00pm	\$229.50*/\$270

MIKE BERTOTTI BASEBALL PITCHING SPL'S (Ages 13+)

Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max: 3

4 weeks	Mondays	September 9- September 30	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Mondays	October 7- October 28	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Tuesdays	September 3- September 24	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Tuesdays	October 1- October 22	7:00pm – 8:00pm	\$229.50*/\$270

Pitching - Softball

INTRO TO SOFTBALL PITCHING (Ages 7-12)

Class emphasis on arm action and delivery, to maximize control and speed.

4 weeks	Wednesdays	September 4- September 25	5:00pm – 6:00pm	\$95.20*/\$112
4 weeks	Wednesdays	October 2- October 23	5:00pm – 6:00pm	\$95.20*/\$112

SOFTBALL PITCHING SPL'S (Ages 13+)

Our SPL's (Semi Private Lessons) allow our staff added training time and gives players more reps. Player Max: 3

4 weeks	Wednesdays	September 4- September 25	7:00pm – 8:00pm	\$229.50*/\$270
4 weeks	Wednesdays	October 2- October 23	7:00pm – 8:00pm	\$229.50*/\$270

Catching

INTRO TO CATCHING (Ages 7-12)

This 60 minute class teaches the fundamentals of Catching

4 weeks	Tuesdays	September 3- September 24	6:00pm – 7:00pm	\$95.20*/\$112
4 weeks	Tuesdays	October 1- October 22	6:00pm – 7:00pm	\$95.20*/\$112

CATCHER'S BOOTCAMP (13+)

This 60 minute class teaches the fundamentals of Catching

4 weeks	Tuesdays	September 3- September 24	7:00pm – 8:00pm	\$95.20*/\$112
4 weeks	Tuesdays	October 1- October 22	7:00pm – 8:00pm	\$95.20*/\$112

Private Lessons

Your choice of topics!

PRIVATE LESSONS *(All Ages)*

30 Minute Lesson \$42.50*/\$50. 1 Hour Lesson \$76.50*/\$90. Pre-paid lessons are valid for one year from purchase date.

PRIVATE LESSONS 10 PACK SPECIAL! *(All Ages)*

10 (30) minute lesson package \$374*/\$440

CREATE A GROUP LESSON *(All Ages)*

Don't see a class time that fits your schedule? You can create a GROUP lesson with your teammates for 1 hour. Minimum of 3 players and a maximum of 6 players. \$120 per session. Schedule your day and time.

****Denotes Member Pricing***



FROZEN ROPES™

MEMBERSHIP

Being a Member has it's perks!

- 15% OFF Classes, Lessons, Rentals...to name a few
- Earn 5% Credit back with our Rewards Points
- SIX FREE ½ hour Tunnel Time
- FREE Quarterly Weapons of Mental Dominance Workshops

MARK YOUR CALENDARS! For these can't miss events.

College Bound Info Night Saturday, September 7th 6:00pm - 8:00pm

Little League Appreciation Day Saturday, September 7th 7:00pm - 9:30pm

Brain Day Workshops (Mental Skills Training) the 3rd Wednesdays of the month. 7:00pm -9:00pm

Open House Sunday October 20th 4:00pm - 6:00pm * A sneak peek at our Winter & Spring Programs!

HOLIDAY SPECIALS: 30 for \$30 ½ Hour Lesson & Rentals

Labor Day Weekend: Friday, Saturday, Sunday. August 30th -September 1st.

Closed Monday September 2nd

Columbus Day, Monday, Oct 14th

Visit our website for further details

www.frozenropes.com/chester

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AFTER
never
looked
so good!***

Monthly Membership: \$60/month

(30 days from your enrollment date)

3-Month Membership: \$150

Ages 11+

--- One Hour Classes---

September & October Schedule

MON / WED / FRI 4:00pm

TUE / THU 5:00pm

SAT / SUN 9:00am

*Open Gym from 10am-9pm for Members



RENTALS

**TUNNELS or
FULL FACILITY**



NEVER CANCEL a Practice or Event! Safely book one or ALL of our 6 Tunnels
www.frozenropes.com/chester

Frozen Ropes National Training Center

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